

# IDPH TUPC Material Order Form (updated 11/17/21)

**PLEASE EMAIL YOUR ORDER TO [TobContactUs@idph.iowa.gov](mailto:TobContactUs@idph.iowa.gov)**





**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_



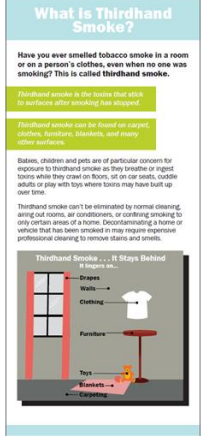

**CITY:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_, **COUNTY:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**DATE ITEMS ARE NEEDED BY:** \_\_\_\_\_


**\*\*Allow 2 weeks for delivery. All orders shipped by UPS. MUST HAVE A STREET ADDRESS, P.O. BOXES WILL NOT WORK TO SHIP UPS).**

Select		Name of Item	Number Requested
Out of Stock		Quitline Iowa "Quit Card" Beat Stress Tip: A wallet size, plastic card with Quitline Iowa information on it. (item #513)	Units of 100
		SPANISH: Quitline Iowa Rack Card (Brochure) Standard Quitline Iowa rackcard (item #515S )	Units of 100
Out of Stock		Quitline Rack Card (Brochure) for low health literacy (item #529)	Units of 100
		Quitline Rack Card (Brochure) for low health literacy (Spanish) (item #529S)	Units of 100

	A poster featuring a pregnant woman's belly. The text reads: "THANK YOU FOR NOT SMOKING." Below this, it says "ASK YOUR DOCTOR HOW YOU CAN QUIT TODAY." and "Quitline Iowa is here to help!". At the bottom, it says "CALL 1-800-QUIT-NOW" and "QUITLINEIOWA.org".	Quitline Pregnancy Poster (Item 568)	Units of 25
	A rackcard featuring a pregnant woman's belly. The text reads: "THANK YOU FOR NOT SMOKING." Below this, it says "ASK YOUR DOCTOR HOW YOU CAN QUIT TODAY." and "Quitline Iowa is here to help!". At the bottom, it says "CALL 1-800-QUIT-NOW" and "QUITLINEIOWA.org".	Quitline Pregnancy Rackcard (Item 569)	Units of 50
	A folder titled "HELP YOUR PATIENTS QUIT TOBACCO WITH QUITLINE IOWA". Below the title, it says "A STEP-BY-STEP REFERRAL GUIDE".	Ask, Advise, Refer Folder <i>Max of 5 units per county</i> (item 593)	Units of 1
	A fact sheet titled "Smoking & Your Heart". It includes text about the risks of smoking and cardiovascular disease, a diagram showing the cycle of smoking and heart disease, and a list of symptoms of heart disease. It also mentions that "Exposure to other people's secondhand smoke can increase the risk for heart disease even for nonsmokers."	Smoking & Your Heart (item #517)	Units of 100
	A fact sheet titled "Secondhand Smoke". It includes text about what secondhand smoke is, the number of chemicals it contains, and the health risks it poses. It also mentions that "Secondhand smoke is a known cause of lung cancer, heart disease, low birth-weight births, and chronic lung ailments such as bronchitis and asthma (particularly in children), as well as other health problems." and "According to the Centers of Disease Control and Prevention (CDC), more than 42,000 adult nonsmokers die every year in the United States from heart disease and lung cancer caused by exposure to secondhand smoke." It also includes a diagram showing the number of chemicals in secondhand smoke.	Secondhand Smoke Fact Sheet (item #518)	Units of 100

	 <p><b>Secondhand Smoke &amp; Your New Baby</b></p> <p>Babies who breathe secondhand smoke have an increased risk of ear infections and asthma attacks. Protect your baby and yourself from secondhand smoke!</p> <p>If a mother smokes while pregnant, she is more likely to have a premature or have a baby that is born too soon or weighs too little.</p> <p>There is no safe level of exposure to cigarette smoke and babies exposed to smoke are more likely to get sick. Protect yourself and loved ones by keeping smoke out of your home and away from your baby.</p> <p>Secondhand smoke causes more than 45,000 deaths from heart disease each year in nonsmokers.</p> <p>Babies exposed to smoke may have a greater risk of dying from sudden infant death syndrome (SIDS).</p>	<p>Secondhand Smoke &amp; Your New Baby (item #520)</p>	<p>Units of 100</p>
	 <p><b>What is a Hookah?</b></p> <p>Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors.</p> <p>Hookah is also known as Waterpipe, Nargile, Argileh, Shisha, Hubbly Bubble, and more.</p> <p>Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.</p> <p><b>Risks</b></p> <ul style="list-style-type: none"> <li>✓ Many users think it is less harmful, however hookah smoking has many of the same health risks as cigarette smoking.</li> <li>✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease.</li> <li>✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 20 puffs.</li> <li>✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (e.g., charcoal) used in hookah.</li> <li>✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine.</li> </ul>	<p>What is Hookah (item #521)</p>	<p>Units of 100</p>
	 <p><b>What is Thirdhand Smoke?</b></p> <p>Have you ever smelled tobacco smoke in a room or on a person's clothes, even when no one was smoking? This is called <b>thirdhand smoke</b>.</p> <p>Thirdhand smoke is what remains on surfaces or surfaces after someone has smoked.</p> <p>Thirdhand smoke can be found on carpets, clothes, furniture, blankets, and many other surfaces.</p> <p>Babies, children and pets are of particular concern for exposure to thirdhand smoke as they breathe or ingest toys while they crawl on floors, sit on car seats, cuddle adults or play with toys where smoke may have built up over time.</p> <p>Thirdhand smoke can't be eliminated by normal cleaning, airing out rooms, air conditioners, or confining smoking to only certain areas of a home. Decontaminating a home or vehicle that has been smoked in may require expensive professional cleaning to remove stains and smells.</p> <p>Thirdhand Smoke ... It Stays Behind</p> <p>It hangs in the air It drops It sticks to walls It clings to clothing It settles on furniture It gets on toys It sticks to everything</p>	<p>What is Thirdhand Smoke (item #522)</p>	<p>Units of 100</p>
	 <p><b>What are your reasons to quit?</b> Here are some ideas:</p> <ul style="list-style-type: none"> <li>• You'll protect your brain, lungs and other organs.</li> <li>• You will breathe easier.</li> <li>• You won't be giving tobacco and vaping companies money to what they want.</li> <li>• You won't need to hide from your parents, teachers or boss.</li> <li>• You will perform better at sports or during presentations.</li> <li>• You won't be hooked for life.</li> <li>• You won't feel all stressed.</li> <li>• You won't be labeled a smoker.</li> <li>• Your classmates will be more interested in talking to you.</li> </ul> <p>Quitting alone is hard. Quitting with support is easier!</p> <p><b>VISIT US:</b> mylifemyquit.com Text "Start My Quit" to 855.891.9989</p> <p><b>MY LIFE MY QUIT</b> STAND UP TO ADDICTION</p> <p>FOR MORE INFORMATION: 609.696.3339 (toll-free) 1-877-435-8289 (toll-free) 313.281.7332</p>	<p>My Life My Quit Brochure Max of 1 unit per county (item 578)</p>	<p>Units of 50</p>

[illegible]

		Both Are Addictive Poster-Spanish (item 571s)	Units of 10
		Think Before You Vape Poster-English (item 572)	Units of 10
		Think Before You Vape Poster-English (item 572s)	Units of 10